

Controlling Asthma: What You Need to Know

Darcy Ellefson, RRT, AE-C
Sanford Health



Asthma & Symptoms

Asthma is a problem with breathing.



Common asthma symptoms include:

- Cough
- Shortness of Breath
- Wheeze
- Tight chest/chest pain



With good management, a person with asthma should be able to:

- Not cough or wheeze during the day or night – **No missed school!**
- Be physically active
- Sleep through the night
- Prevent asthma flare-ups
- Use asthma medicines with few side effects
- Avoid emergency department visits and hospital stays

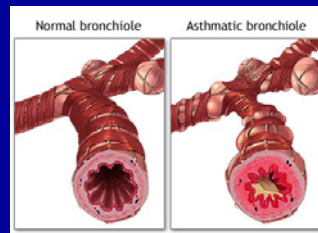


Good asthma management means regular visits to your healthcare provider!



Two Types of Asthma Medicine

- Controller = Decreases swelling and mucus
- Reliever = Relaxes airways



Take controller medicine EVERY day...
...even when feeling well!



Examples:
Advair
Pulmicort
Flovent
Asthmanex
Singulair
Antihistamines
Nose sprays
Reflux meds

Take reliever when asthma symptoms occur



Examples:
Albuterol
Proventil
Ventolin
Xopenex
MaxAir

Oral steroids treat severe swelling in the lungs

- Take during or after severe asthma flare-ups
- Take only as prescribed by health care provider



Examples:
Prednisone
Pediapred
Prelone

Inhaled Medicines



Metered Dose Inhaler (MDI)



- Shake
- Exhale
- Put in mouth
- Inhale & push
- Breathe in 3 seconds
- Hold breath 10 seconds
- Repeat in 1 minute

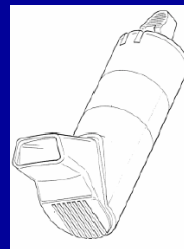
MDI with Spacer/Holding Chamber



MDI with Mask



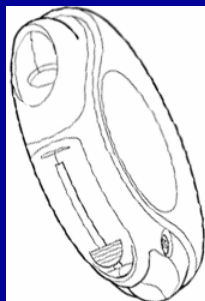
Autohaler



- Take off cap
- Push trigger up
- Shake
- Put in mouth
- Inhale quickly and deeply
- Repeat in 1 minute

Diskus

- Open Diskus
- Slide lever back –click
- Exhale
- Put in mouth
- Inhale quick and deep
- Hold breath
- Close
- Rinse mouth



Turbuhaler/Twisthaler



- Turn base until click
- Exhale
- Put between teeth, close lips
- Inhale quickly & deeply
- Hold breath
- Take out of mouth
- Rinse mouth

Dry Powder Capsule



- Remove cap and open mouthpiece
- Place capsule in base
- Close mouthpiece
- Hold upright and squeeze button
- Exhale
- Put in mouth
- Inhale quickly and deeply
- Hold breath
- Exhale

Nebulizer



- Plug in machine
- Put medicine in cup
- "T" on top
- Attach mask or mouthpiece
- Hook up hose
- Inhale until medicine gone
- Wash nebulizer



An asthma **trigger** is something that causes asthma symptoms to begin or get worse.

Infections



Keep hands from face
Seperate towels



Get Flu Shot
Wash Hands



Dust Mites

- Wash bedding
- Limit stuffed animals
- Cover pillow and mattress
- Do not sleep on upholstered furniture
- Use HEPA vacuum
- Use air cleaner
- Use dehumidifier



Pets

- Find a new home for the pet
- Keep pet out of bedroom
- Take allergy medicine as prescribed
- Use HEPA vacuum
- Use air cleaner



Indoor Mold

- Fix water leaks
- Use dehumidifier
- Use exhaust fans



Outdoor mold

- Take allergy medicine seasonally
- Run air conditioner
- Don't rake leaves



Ragweed and Pollens

- Limit time outside
- Close windows and run air conditioner
- Shower and wash hair before bed
- Take allergy medicine seasonally
- Use air cleaner



Smoke

- Quit – call LUNG Helpline or 1-866-SDQUITS
- Don't smoke indoors or in car
- Wear a smoking jacket



Cold Air or Hot Humid Weather

- Wear a scarf or ski mask for cold
- Air Conditioning for hot/humid
- Pre-medicate



Strong Odors

- Avoid or limit use
- Go scent-free
- No aerosols
- No candles



Exercise

With good asthma management you can exercise regularly!

- Pre-medicate
- Warm-up and cool-down
- Monitor air quality



Asthma Management



Peak Flow Meter

- Slide to the bottom of the scale
- Breathe deeply
- Blow hard and fast
- Note number
- Repeat 2 more times
- Take highest number



Asthma Action Plan

- Name
- Doctor
- Emergency Contact
- Triggers
- Medicines
- Actions



Green Zone Go: No Asthma Symptoms

- Symptoms
 - Breathing is good
 - No cough or wheeze
 - Can work and play
 - Sleeps all night
- Peak Flow Meter – more than 80% of personal best
- Action – avoid triggers; take controller meds; pre-treat before exercise



Yellow Zone: Getting Worse

- Symptoms
 - Some problems with breathing
 - Cough, wheeze or chest tight
 - Problems working or playing
 - Wake at night
- Peak Flow Meter – Between 50-80% of personal best
- Action – take quick relief inhaled medicine; call doctor if not better or using inhaler more than 2 times a week



Red Zone: Get Help! Call your clinic or 911

- Symptoms
 - Lots of problems breathing
 - Cannot work or play
 - Getting worse instead of better
 - Medicine is not helping
- Peak Flow Meter – between 0-50% of personal best
- Action
 - take quick relief medicine
 - if lip or fingernails blue or cannot talk in complete sentences, call 911 immediately



Action Plan

- Emergency phone #'s
- Triggers
- Medicines
- Steps to take

Emergency Clipboards



Emergency Steps

- Symptoms
 - Breathing hard
 - Coughing a lot
 - Chest tightness
 - Wheezing noises

Stop Activity

- Do not lie down
- Sit and rest
- "Do you have asthma?"



Stay Calm

- "Relax shoulders and breathe out slowly through puckered lips"
- "Do you have a quick-relief inhaler?"



Give Treatment

- Use inhaler or nebulizer
- Contact nurse or parents
- If inhaler does not work in 10 minutes, take inhaler again and **get help.**
- **If does not have an inhaler, get help.**



Get Help – 911 or emergency

Call for ambulance for any:

- Breathing get harder or does not improve
- Trouble walking or talking
- Lips or fingertips are blue



National Organizations

- AAAAI – American Academy of Allergy, Asthma & Immunology
- AAFA – Asthma & Allergy Foundation of America
- AANMA – Allergy & Asthma Network/Mothers of Asthmatics
- ALA – American Lung Association
- AAP – American Academy of Pediatrics
- NHLBI – National Heart, Lung, & Blood Institute
- CDC – Centers for Disease Control
- EPA – Environmental Protection Agency

American Lung Association –

www.lungusa.org

1(800)586-4872

- Open Airways for School – six, 40 minute sessions 8-11 year old
- Counting on You – Daycare Inservice Program
- Tools for Schools – Environmental protection education
- A is for Asthma – Preschool video
- Asthma Camps
- Breathe Well, Live Well – Adult Education Program- 4 hour education
- Controlling Asthma What You Need to Know flipchart

RAMP – Regional Asthma Management Program (CA)

<http://www.rampasthma.org/resources.htm>

- Educational Materials
- Videos & Books
- Video Games
- Guidelines
- Curriculms
- Music
- News
- Phonelines